

Aerobics and Pilates

at Ionia Parks and Rec

MON	TUE	WED	THU
	CardioBox (5:30-6:20am)		CardioBox (5:30-6:20am)
BootCamp (5:30 - 6:45AM)	Pilates II (6:30-7:20am)	BootCamp (5:30 - 6:45AM)	Pilates II (6:30-7:20am)
Aerobarre 6:45-7:15AM		Aerobarre 6:45-7:15AM	
Tone & Stretch (6:45-7:15am)	Power Pilates (7:30-8:20am)	Tone & Stretch (6:45-7:15am)	Power Pilates (7:30-8:20am)
Pilates II 9:00-9:50am	Cardio Strenght Interval (8:30-9:20am)	Pilates II 9:00-9:50am	Cardio Strenght Interval (8:30-9:20am)
Power Pilates 4:30 - 5:20PM	Intro to Pilates 9:30 - 10:20AM	Power Pilates 4:30 - 5:20PM	Intro to Pilates 9:30 - 10:20AM
Cardiobox 5:30-6:20PM		Cardiobox 5:30-6:20PM	
Pilates II 6:30 - 7:20PM		Pilates II 6:30 - 7:20PM	
Introduction to Pilates (7:30-8:20pm)		Introduction to Pilates (7:30-8:20pm)	

\$28 per month for 1 class (2 times per week)

\$48 per month for 2 classes (4 times per week)

CONTACT: Nickki at the Ionia Parks & Recreation Department at 523-1800 x105

CONTACT: Erin Coltvat at 616-755-2320 or turtlepd@netzero.net

Bootcamp: This high-intensity, high-impact cardio and strength training class combines boxing, traditional calisthenics, and agility drills for a full body blast. **Instructor approval required prior to participation. Maximum of 8 participants. Bring boxing gloves, an exercise mat, and plenty of drinking water.**

Tone & Stretch: Combination of light aerobics, all over muscle toning, and flexibility exercises using resistance tubes and other light equipment. **Bring an exercise mat or large towel and drinking water. Maximum of 6 participants.**

CSI: Cardio/Strength Interval: This class combines kickboxing, low impact aerobics, and traditional moves with toning exercises utilizing resistance tubes and body weight exercises. Adaptable to most fitness levels, this class will be different every time. **Bring an exercise mat and drinking water. No maximum enrollment.**

CardioBox: A great cardio workout! Learn punches, kicks, and combinations while relieving stress and improving endurance. Includes simple choreography and adapts easily to most fitness levels. **Bring an exercise mat and drinking water. (students will NOT hit or kick any live targets) No maximum enrollment.**

Introduction to Pilates: This beginner level class will introduce participants to the 5 basic principles of Pilates and build a simple but complete matwork routine. **Bring an exercise mat to class. This class starts over at the beginning of every month and is required for Pilates II or Power Pilates. Maximum of 10 participants.**

Pilates II: Build upon your pilates training. This class introduces small equipment and more challenging exercises. **Maximum of 10 participants.**

Power Pilates: A tremendous pilates challenge. This fast paced class will incorporate standing exercises, quick equipment changes and much more. **Instructor approval required. Maximum of 8 participants.**